

1 What is claimed is:

2 1. An exercise assembly structured to facilitate a user
3 performing multiple exercises thereon, said exercise assembly
4 comprising:

5 a) a base including a plurality of base segments
6 secured in coaxial relation to one another and collectively
7 defining a substantially elongated linear configuration,

8 b) a resistance assembly removably attached to said
9 base at any one of a plurality of locations along the length of
10 said base,

11 c) said resistance assembly repeatedly oriented
12 between a stressed position and a non-stressed position, and

13 d) a gripping assembly connected to said resistance
14 assembly and selectively positioned by the user to orient
15 resistance assembly between said stressed and non-stressed
16 positions.

17 2. An exercise assembly as recited in claim 1 wherein
18 said plurality of base segments are removably attached to one
19 another in an end-to-end alignment.

20 3. An exercise assembly as recited in claim 1 wherein
21 each of said base segments are removably attached to one another
22 in an end-to-end alignment, each of said base segments
23 comprising an elongated linear configuration along at least a
24 majority of its length.

25 4. An exercise assembly as recited in claim 3 wherein

1 each of said base segments is formed of a high strength, light
2 weight material of tubular construction.

3 5. An exercise assembly as recited in claim 2 wherein
4 said plurality of base segments are removably attached to one
5 another in an end-to-end alignment.

6 6. An exercise assembly as recited in claim 5 wherein
7 said plurality of base segments are formed from a material of a
8 sufficiently light weight to be carried by the user when said
9 base segments are detached from one another.

10 7. An exercise assembly as recited in claim 1 wherein at
11 least one of said base segments comprises an enlarged section
12 extending laterally outward from said base.

13 8. An exercise assembly as recited in claim 7 wherein
14 said enlarged portion comprises a frame disposed in at least
15 partially surrounding relation to a central opening, said
16 central opening being of sufficient dimension to allow the
17 user's head to pass therethrough.

18 9. An exercise assembly as recited in claim 8 further
19 comprising a restraint structure secured to said base
20 substantially adjacent to said enlarged portion, said restraint
21 structured disposed in restraining engagement with any one of a
22 plurality of portions of the user's body.

23 10. An exercise assembly as recited in claim 1 wherein
24 said resistance assembly comprises a plurality of elongated
25 elastic material resistance elements having a first end secured

1 to said base and a second end removably connected to said
2 gripping assembly, the first end of a predetermined number of
3 said plurality of resistance elements secured together and
4 collectively and removably attached to said base.

5 11. An exercise assembly as recited in claim 10 wherein
6 said second end of said predetermined number of said plurality
7 of resistance elements are each independently removable from
8 said gripping assembly.

9 12. An exercise assembly as recited in claim 11 wherein
10 each of said second ends include a mounting member dimensioned
11 and configured for removal engagement with said gripping
12 assembly.

13 13. An exercise assembly as recited in claim 12 wherein
14 said gripping assembly comprises at least one gripping bar
15 having an elongated configuration.

16 14. An exercise assembly as recited in claim 13 wherein
17 said gripping bar comprises a plurality of cushions mounted on
18 said bar, each of said cushions including a retaining member
19 disposed in cooperative relation thereto, each of said retaining
20 members structured to engage a portion of the user's body during
21 movement of said gripping bar relative to said base.

22 15. An exercise assembly as recited in claim 14 further
23 comprising a roller structure rotationally mounted on said
24 gripping bar and disposed in movable engagement with a
25 supporting surface.

1 16. An exercise assembly as recited in claim 1 wherein
2 said plurality of base segments are removably attached to one
3 another in an end-to-end alignment, each of said base segments
4 comprising an elongated linear configuration along at least a
5 majority of its length, at least one of said base segments
6 comprising an enlarged section extending laterally outward from
7 said base, said enlarged section comprising a frame disposed in
8 at least partially surrounding relation to a central opening of
9 said enlarged section.

10 17. An exercise assembly as recited in claim 16 wherein
11 said resistance assembly comprises a plurality of elongated
12 elastic material resistance elements each having a first end
13 secured to said base and a second end removably connected to
14 said gripping assembly, said first end of a predetermined number
15 of said plurality of resistance elements secured together and
16 collectively and removably attached to said base.

17 18. An exercise assembly as recited in claim 17 wherein
18 said gripping assembly comprises at least one gripping bar
19 having an elongated configuration and a plurality of cushions
20 mounted thereon, each of said cushions including a restraining
21 member disposed in cooperative relation thereto, each of said
22 restraining members structured to engage a portion of the user's
23 body, said gripping bar further comprising a roller structure
24 rotationally mounted thereon and selectively disposable in
25 movable engagement with a supporting surface.

1 19. An exercise assembly structured to facilitate a user
2 performing multiple exercises thereon, said exercise assembly
3 comprising:

4 a) a mounting assembly removably secured to an
5 upright supporting structure disposed in a substantially
6 vertical orientation,

7 b) a resistance assembly removably attached to said
8 mounting assembly at a plurality of locations on the supporting
9 structure,

10 c) said resistance assembly repeatedly oriented
11 between a stressed position and a non-stressed position,

12 d) a gripping assembly removably connected to said
13 resistance assembly and selectively positioned by the user to
14 orient said resistance assembly between said stressed and non-
15 stressed position.

16 20. An exercise assembly as recited in claim 19 wherein
17 said resistance assembly comprises a plurality of elongated
18 elastic material resistance elements having a first end secured
19 to said mounting assembly and a second end movably connected to
20 said gripping assembly.

21 21. An exercise assembly as recited in claim 20 wherein
22 said gripping assembly comprises a plurality of retaining
23 structures removably mounted on predetermined portions of the
24 user's body and removably connected to a predetermined number of
25 said resistance elements.

1 22. An exercise assembly as recited in claim 20 wherein
2 said gripping assembly comprises at least one handle structure
3 gripped by the user's hand and removably attached to a
4 predetermined number of said resistance elements.

5 23. An exercise assembly as recited in claim 20 wherein
6 said gripping assembly comprises at least one gripping bar
7 having an elongated configuration and comprising a plurality of
8 cushions mounted on said bar, each of said cushions including a
9 retaining member disposed in cooperative relation thereto, each
10 of said retaining members structured to engage a portion of the
11 user's body during movement of the bar.

12 24. An exercise assembly as recited in claim 23 including
13 a roller rotationally mounted on said gripping bar in movable
14 engagement with a supporting surface.

15 25. An exercise assembly as recited in claim 20 wherein
16 said mounting assembly comprises a plurality of mounts each
17 removably securable to a door, wherein the door comprise an
18 upright supporting structure.

19 26. An exercise assembly as recited in claim 25 wherein
20 said plurality of mounts comprise at least one clamp removably
21 secured to an upper peripheral edge of the door and removably
22 connected to one end of a predetermined number of said
23 resistance elements.

24 27. An exercise assembly as recited in claim 26 wherein
25 said plurality of resistance elements are connected to said

1 clamp on each opposite side of the door.

2 28. An exercise assembly as recited in claim 25 wherein
3 said plurality of mounts comprise at least one bracket structure
4 removably secured to a lower peripheral edge of the door, said
5 bracket structure removably interconnected to a predetermined
6 number of said resistance elements.

7 29. An exercise assembly as recited in claim 28 wherein
8 said bracket structure comprises a flexible material connector
9 secured thereto and extending beneath the lower peripheral edge
10 of the door into removable attachment with a predetermined
11 number of said plurality of said resistance elements.

12 30. An exercise assembly structured to facilitate a user
13 performing multiple exercises thereon, said exercise assembly
14 comprising:

15 a) a resistance assembly structured to be repeatedly
16 oriented between a stressed position and a non-stressed
17 position,

18 b) a gripping assembly connected to said resistance
19 assembly and selectively positioned by the user to dispose said
20 resistance assembly between said stressed and non-stressed
21 positions,

22 c) a resistance assembly comprising a plurality of
23 elongated elastic material resistance elements having a first
24 end secured to said gripping assembly, and

25 d) said gripping assembly comprising at least one

1 gripping bar having an elongated configuration and comprising a
2 plurality of cushions mounted on said bar, each ^{of} said cushions
3 including a retaining member disposed in cooperative relation
4 thereto, each of said retaining member structured to engage a
5 portion of the user's body during predetermined movement of the
6 bar by the user.

7 31. An exercise assembly as recited in claim 30 further
8 comprising a roller structure rotationally mounted on said one
9 bar and movably engaging a supporting surface.

10 32. An assembly as recited in claim 31 wherein said first
11 end of a predetermined number of said plurality of resistance
12 elements are secured together and collectively and removably
13 attached to said one bar, said second end of said predetermined
14 number of said plurality of resistance elements each
15 independently removal from an accessible, manipulable position
16 by the user.

17 33. An exercise assembly as recited in claim 32 wherein
18 said gripping assembly further comprises a second elongated bar
19 removably attachable to said plurality of resistance elements
20 and disposed in engaging relation with various portion of the
21 user's body.

22 34. An exercise assembly as recited in claim 33 wherein
23 each of said second ends of said plurality of resistance
24 elements include a mounting member dimensioned and configured
25 for removal engagement with said second bar.